

SR. CENTERS HOLIDAY HIGHLIGHTS:

Mark your Calendars: East Wake

EASTERN WAKE SENIOR CENTER HOLIDAY CELEBRATION

SAVE THE DATE

**SATURDAY | 12. 11. 2021
10 AM TO NOON**

**MUSIC - DANCE - CRAFTS SALE
VOLUNTEER RECOGNITION
WELCOME OUR NEW COORDINATOR**

**WALK-THRU WITH
OPTIONAL DRIVE-THRU**

**SMALL GROUP
GATHERINGS OUTSIDE**

COVID-SAFE PROTOCOLS

**OPEN TO REGISTERED EWSC MEMBERS
ONLY. STAY TUNED FOR MORE INFO.**



RESOURCES FOR SENIORS INC



The Eastern Wake Senior Center is holding a Holiday Celebration for its registered members only.

DATE: 12/11/2021

DAY: Saturday

TIME: 10:00 am - 12 noon

PLACE: Eastern Wake Senior Center, 323 Lake Drive in Wendell

We will follow the Town of Wendell and Resources for Seniors COVID guidelines. Please be masked, practice Social distancing and pre-register .

This is a Walk Thru for those able and a Drive Thru for those not able to walk:

After you register we will invite in alphabetical order A-L 10—10:45; M-Z 10:45—11:30 and 11:30—12:00 for those to drive through.

Volunteers will be there to guide you through the Holiday Maze where you will enjoy the EWSC choir, meet the new Program Coordinator, Divya and our good friend Norma who will recognize and thank our volunteers.

The journey continues to enjoy the Strutters performance, receipt of a holiday gift bag and an outdoor hot beverage, live nativity socialization and Craft Sale.

Come join us for fun, crafts, dancing, and music!

Please call EWSC 919-365-4248 before November 30th to register so that we can prepare enough gift bags.

November 12, 2021

SR. CENTERS HOLIDAY HIGHLIGHTS CONT:

Mark your Calendars: North Wake Senior Center Events

Mark your calendars for 12/4/2021 to attend the Holly Jolly Market in Wake Forest!

"Holly Jolly Market" to Benefit the Northern Wake Fire Dept.

This is an Outdoor Craft Fair!

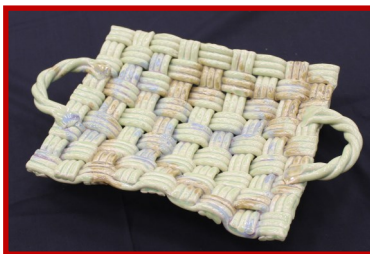
Loc: 7045 Stony Hill Rd, Wake Forest, NC

Date: **Saturday 12/4/2021**

Time: 9:00 am - 4:00 pm



Support the Northern Wake Senior Center as well. When you purchase items from our tent . Our NWSC crafters have worked hard to make wonderful holiday gift items created at the Center. With your purchase, you will be supporting the NWSC as well as the Fire Station.



Northern Wake Senior Center
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wfsccordinator@rfsnc.org

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ewscordinator@rfsnc.org

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SR. CENTERS HOLIDAY HIGHLIGHTS CONT: NWSC

Join us for
The Jingle Bell Fun Run & Walk
Fundraiser for:
Friends of Northern Wake Senior Center

When: December 11, 2021

Time: 10:00AM Registration

Start: 11:00AM

WHERE: Meet at the Senior Center

This easy 2.2 mile course will start at the
Northern Regional Senior Center.

Cost \$10

Jingle Bells included!

Raffle and Awesome Prizes coming up!

***Call The NWSC to register and receive
waiver 919-554-5111***

Don't forget to get your Raffle Tickets at the senior
center for

**It's Beginning to Look a Lot Like Christmas on
Sunday, December 5, 2021 - 3:00pm to 8:00pm**

show at the Renaissance Centre for the Arts in Wake
Forest!

2 tickets for \$5

Get your tickets at the Northern Wake Senior Center
with cash or check.

Thanks for your support!



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**Don't Miss our Educational Facebook Lives
3:30PM Mondays and Wednesdays**

<https://www.facebook.com/RFSSeniorCenters/>

Monday Message: November 15, 2021

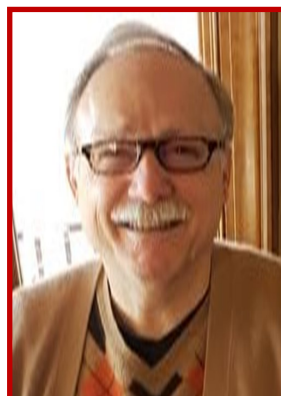
**Tom McMahon
NuAngels Home Care**



Wednesday Whereabouts: November 17, 2021

**Rick Ostergard, President of the Concerned Citizens
For**

The Preservation of Wake Forest Open Space (CCPWFOS)



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NEW POLICY: beginning November, 29th (Please Read)

During the pandemic, we have attempted to be as flexible as possible with our class offerings. We have provided In-Person, Virtual and Hybrid programming to meet the needs of our population and provide the opportunity for as many members to participate as possible, rotating on and off of the class list. This will not change however;

As of November 29th we will only be **REQUIRING MASKS TO BE WORN IN PUBLIC AREAS SUCH AS THE FOYER, HALLWAYS AND OTHER TRAFFIC PATTERNED AREAS** in the Northern Wake Senior Center. Policy changes to be announced regarding the Wendell site. Once in your designated class masks will be optional. We will continue to have the 6 ft. distance requirement in our programs so the class size limitations will stay in effect. Thank you for your flexibility and understanding during this journey. If you sign up for the classes and miss three consecutive classes without notice, you will be still be moved to the wait list and your spot will be filled. Each instructor will be providing you with their contact information so that you can communicate with them. Someone on the wait list can then fill your spot.

Please understand that these classes are provided free of charge in most cases, and an absence is not fair to your fellow members. Thank you for being understanding. If you have any questions or comments regarding this, please communicate with me directly. (jennieg@rfsnc.org) We are happy to see everyone coming back and are attempting to provide a safe and healthy environment as we continue through the pandemic. In the meantime, we are thankful to see you back. Welcome Home!

REMEMBER:

IP means In Person: Each class will have a specified location. Note: Some classes will be held at NWSC and EWSC as well as alternate locations. If registering for an in person class, contact senior center for location. Registration and waivers are required for all of these classes.

V means Virtual: Both members from EWSC and NWSC may register and attend with a waiver.

H Means Hybrid: The class location will be designated and allow for those

EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services including our Evidence Based Classes is a combination of federal, state, county, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in programs and services is **not** dependent upon your willingness or ability to contribute.

To make a contribution, or for more information, go to:

www.resourcesforseniors.com.

Note: Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to

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SR. CENTER FEATURED CLASSES

NEW & OPEN CLASSES NWSC

Registration in process: NWSC

TAI CHI for Life 10AM MON IP Pre-requisite Tai Chi I & II

Taught by Cathy Perkinson. Beginning Nov 8th Sun Style 42 & 73 and beyond. Class Size limited. Registration & waivers required.

NEW: Registration in process: NWSC

Advanced 1:00Pm—
Yoga 2:00PM WED IP

Taught by Vivien Green. Registration & waivers required Class size limited. Class Begins Nov 29

NEW: Registration in process: NWSC

ZUMBA 12:30PM M,F IP

Taught by Maria Bolanz must register Class Begins Nov 29th. Virtual will continue MWF of week of 11 12 21

Registration in process: NWSC

Acrylics 1PM Tues. IP

Taught by Gaylord Picard. Registration required. Class size limited.

Registration in process: NWSC

Studio A Open
Ceramics 9-12PM Tues. IP



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SR. CENTER FEATURED CLASSES CONT. NWSC

NEW: Registration in process: NWSC

Line Dance

(second class) 11:45– 12:30 Thurs IP

Returning Student

Taught by Cindy Hadden. Registration required. Class size limited. Class starts November 18th.



NEW: Registration in process: NWSC

Interval Aerobics 9:00– 10:00 MON & FRI IP

Taught by Cara Losurdo. Registration . Class size limited. Class begins Nov 29th. 3rd Class will be offered virtually (See virtual)



Registration in process: NWSC

Wood Carving 1-4PM Thurs IP

Workshop taught by Danny Mills. Limited space available. Must register.



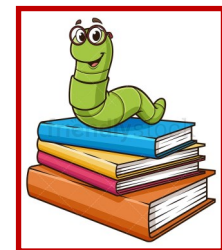
BOOKWORMS

New Book Club

INTEREST GROUP MEETING

November 18th, 1PM

Interested Parties who would like to participate please call the senior center to register 919-554-4111



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November 12, 2021

Hybrid Classes: (IP at NWSC & Virtual at EWSC)

Registration in process: NWSC & EWSC

Watercolors 10AM Tues. H

Taught by Gaylord Picard.



Registration in process: NWSC & EWSC

Drawing 10AM Mon. H

Taught by Gaylord Picard.

Registration in process: NWSC & EWSC

Pastels 1PM MON. H

Taught by Gaylord Picard.



Registration in process: NWSC & EWSC

14th Amendment
10-11:30AM FRI., NOV. 18th H

Taught by Rosemarie Betuker. Must register at NWSC. Class size limited.



Virtual Only: NWSC & EWSC

NEW: Registration in process: NWSC

Interval Aerobics 9:00-10:00 WED H

Taught by Cara Losurdo. Registration and waivers required. Class size limited. Class begins Nov 29th.

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SR. CENTER FEATURED VIRTUAL CLASSES CONT:

Virtual Only: NWSC & EWSC

Registration in process: NWSC & EWSC

ZUMBA 12:30PM W V

Taught by Maria Bolanz must register for link and have waiver signed . Class change effective to Wed only starting week of Nov 29

Registration in process: NWSC & EWSC

Tone & Sculpt 10AM T&T V Beginner Student appropriate

Taught by Linda Thomas. Registration and waivers required. Call NWSC for registration.



Thank you 

**For sponsoring Linda Thomas' Tone and Sculpt Class
Tuesdays and Thursdays at 10AM.**

Registration in process: NWSC & EWSC

Cross Punch 9AM T & T V

Taught by Linda Thomas. Call NWSC for registration, waiver & link.

Thank you 

For sponsoring Linda Thomas' Cross Punch Class

Registration in process: NWSC & EWSC

Line Dance 11PM TUES V
Beginner

Taught by Cindy Hadden. Call NWSC for registration, waivers and link.



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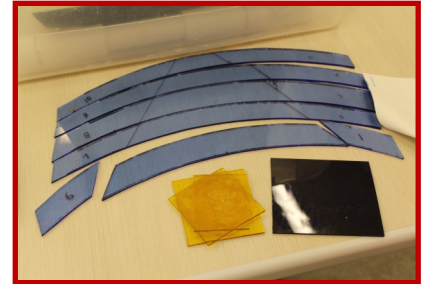
November, 12, 2021

UPCOMING Renaissance Classes at NWSC:

NEW Registration in process: NWSC: Class

Beginners Stained Glass 6-8PM MON IP Begins 1/25/22—3/28/22

Taught by Gaylord Picard \$45 residents, \$50 non residents. Only a few spots left. Registration & Waivers required. Cost \$150 . Call NWSC 919-389-3985



EWCS:

Classes being held at Hepzibah Baptist Church

NEW: Registration in process:

Aerobics Lite 10:00AM-10:45 AM MON. & WED IP

Taught by Cindy Hadden. Class begins November 29th. Registration and Waivers required. Class size limited. Call EWSC 919-365-4248.



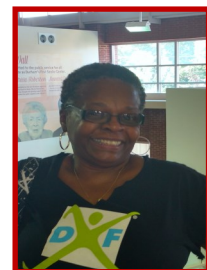
EWCS:

Classes being held at Wendell Community Center

Registration in process: EWSC: Class held at

ZUMBA Gold toning 9AM FRI. IP

Taught by Linda Thomas. Class size limited. Registration & Waivers required. Call EWSC 919-365-4248.



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PROGRAMS & SERVICES:

Legal Aid: Are you in need of legal aid assistance?

If you are 60 or older and live in Wake County North Carolina we have appointments available with Legal Aid of North Carolina Raleigh Office. A staff person will be on-site at our Eastern Wake and Northern Wake Senior Centers to meet with you on the dates below.

During the interview period, the interviewer will talk with you to find out what type of legal assistance you need and ask you some financial eligibility questions. If you are eligible for assistance with a type of case that Legal Aid handles, the interviewer will arrange for an attorney to contact you regarding your specific situation. Examples of areas of legal assistance may include wills, advance directives, domestic violence, nursing home rights, public benefits, unemployment compensation, housing, foreclosure, eviction, consumer issues, debt, credit, and wrongful possessions.

There will be 4 scheduled appointments beginning at 10am and ending at 11:30 AM. Please schedule your appointment directly with the appropriate senior center as listed below. A husband and wife can not be scheduled as 1 appointment. This will count as two individual meetings.

EASTERN WAKE SENIOR CENTER

When: February 18, 2022

Time: 10:00am—11:30 am

Call : EWSC at 919-365-4248

NORTHERN WAKE SENIOR CENTER

When: December 6, 2021 & 2021 & March 4, 2022

Time: 10:00am—11:30 am

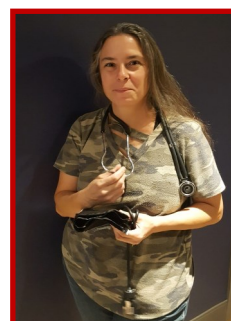
NEW—Casey's Conversations:

Dr. Casey Baldwin, Resources For Seniors Dr. of Pharmacy, and Clinical Assistant Professor, Campbell University College of Pharmacy, is available to discuss your medications prior to making a selection of your Medicare or Drug Plan for the Medicare open enrollment season. Call the Northern Wake Senior Center to schedule an appointment. All appointments are free of charge.

REGISTER NOW: FREE Medication Consultations NWSC

When: Tuesday, November 23,

Time: Call to Schedule 919-554-4111



REMEMBER: Visit the Resources for Seniors Website to find Wake County Resources such as Home Repair, In-Home Care, Information and Referral, Adult Day Services, just to name a few.

<http://>

www.resourcesforseniors.com/

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NORTHERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

11/15/2021

Monday November 15	Tuesday November 16	Wednesday November 17	Thursday November 18	Friday November 19
9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	9:00 Yoga (IP, 4 wk) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Cross Punch(V)	9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9 – 12 Open Studio Time (St. A, clay & St. C, Art) (call before attending) (NWSC)(IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	9:00 Yoga (IP, 4 wk) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Cross Punch(V)	9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)
10-12 Drawing (H, 4 wk, FULL) 11:00 Tai Chi for Life (IP, preregister)	10-12 Watercolor (H, 4 wk, FULL) 10:00 Tone & Sculpt (V)		10:00 Tone & Sculpt (V) 10:15 Chair Balance (V, EWSC) 10-12 Bill of Rights – 14 th Amdmnt (H, preregister)	
11:00 Tai Chi 2 (IP, CLOSED)	11:00 Geri Fit (IP, CLOSED) 11:00 Barre (IP, preregister) 11:00 Beginners Friendly Line Dance (V)	11:00 Fit & Strong (IP, CLOSED) 11:00 Tai Chi 2 (IP, CLOSED)	11:00 Geri Fit (IP, CLOSED) 11:00 Returning Student Line Dance (IP, preregister)	11 – 2 Pottery Group (call before attending) (NWSC)(IP) 11:00 Fit & Strong (IP, CLOSED)
12:30 Zumba Gold (V)		12:00 Chair Yoga (IP, preregister) 12:30 Zumba Gold (V)		12:30 Zumba Gold (V)
1 – 3 Pastels (H, 4 wk, preregister) 1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP)	1 – 3 Acrylics (IP, 4 wk, FULL) 1 – 4 Pottery Group (call before attending) (NWSC)(IP) 1-3 Fraud & Identity Theft (IP, WakeTech, preregister)	1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP) 1 – 4 Quilt, Stitch & Gab (St B, call before attending) (NWSC)(IP) 1-3 Fraud & Identity Theft (IP, WakeTech, preregister)	1 - 4 Open Studio Time (St. C, Art) (call before attending) (NWSC)(IP) 1 – 4 Woodcarving (call before attending) (NWSC)(IP) 1-3 Fraud & Identity Theft (IP, WakeTech, preregister)	1-3 Fraud & Identity Theft (IP, WakeTech, preregister)
	2:30 Chair Yoga (V, EWSC)	2-4 Jewelry Making (V, EWSC)		2:30 Chair Yoga (V, EWSC)
3:30 Chair Yoga (IP, preregister) 3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook

Northern Wake Senior Center / 235 E. Holding Ave/ Wake Forest, NC. 27587/ 919-554-4111

V = Virtual Program / IP = In person on-site / NWSC = Northern Wake Senior Center / WFRC = Renaissance Center

EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

11/15/2021

Monday Nov 15	Tuesday Nov 16	Wednesday Nov 17	Thursday Nov 18	Friday Nov 19
	9:00 Cross Punch w/ Linda T (V) Wake For- est Registration		9:00 Cross Punch w/ Linda T (V) Wake For- est Registration	9:00 Zumba w/Linda at Wendell Commu- nity center
10:00 MOW congre- gate pick-up	10:00 Service Coordi- nator Nancy Broadwell (IP) Wendell Appoint- ments only			
	10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration 10:00 SHIP Counse- lors, Susan Howlett & Larry Bradbury open enrollment Wendell appointments only		10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration 10:00 Meditation & Relaxation w/Sarah (IP) Wendell Registra- tion	
11:00 Geri-fit w/Myra (IP) Wendell Registra- tion	11:00 Beginning Line Dance w/Cindy (V) Wake Forest Registra- tion	11:00 Geri-Fit w/Myra (IP) Wendell Registration	11:00 Intermediate Line Dance w/Cindy (V) Wake Forest Reg- istration 11:30 Ceramics w/ Rosetta (IP) Wendell Registration.	
12:30 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration
	1:30 Crochet w/Paula Wendell Registration		1:00-3:00 Acrylic Painting Class w/ Janet (IP)Wendell Registration	
		2:30 Strutters Practice		
Monday Message Fa- cebook Live @ 3:30, NuAngel's Home Care, LLC, Tom McMahon	3:30 Facebook Live	3:30 Facebook Live Wednesday Whereabout	3:30 Facebook	3:30 Facebook Live

Eastern Wake Senior Center / 323 Lake Drive/ Wendell, NC 27591 / 919-365-4248

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